

Vitamins

VITAMIN	WHAT IT DOES	WHERE IS IT FOUND	DAILY VALUE*
Biotin	<ul style="list-style-type: none"> Energy storage Protein, carbohydrate, and fat metabolism 	<ul style="list-style-type: none"> Avocados Cauliflower Eggs Fruits (e.g., raspberries) Liver Pork Salmon Whole grains 	300 mcg
Folate/Folic Acid <i>Important for pregnant women and women capable of becoming pregnant</i>	<ul style="list-style-type: none"> Prevention of birth defects Protein metabolism Red blood cell formation 	<ul style="list-style-type: none"> Asparagus Avocado Beans and peas Enriched grain products (e.g., bread, cereal, pasta, rice) Green leafy vegetables (e.g., spinach) Orange juice 	400 mcg
Niacin	<ul style="list-style-type: none"> Cholesterol production Conversion of food into energy Digestion Nervous system function 	<ul style="list-style-type: none"> Beans Beef Enriched grain products (e.g., bread, cereal, pasta, rice) Nuts Pork Poultry Seafood Whole grains 	20 mg
Pantothenic Acid	<ul style="list-style-type: none"> Conversion of food into energy Fat metabolism Hormone production Nervous system function Red blood cell formation 	<ul style="list-style-type: none"> Avocados Beans and peas Broccoli Eggs Milk Mushrooms Poultry Seafood Sweet potatoes Whole grains Yogurt 	10 mg
Riboflavin	<ul style="list-style-type: none"> Conversion of food into energy Growth and development Red blood cell formation 	<ul style="list-style-type: none"> Eggs Enriched grain products (e.g., bread, cereal, pasta, rice) Meats Milk Mushrooms Poultry Seafood (e.g., oysters) Spinach 	1.7 mg
Thiamin	<ul style="list-style-type: none"> Conversion of food into energy Nervous system function 	<ul style="list-style-type: none"> Beans and peas Enriched grain products (e.g., bread, cereal, pasta, rice) Nuts Pork Sunflower seeds Whole grains 	1.5 mg
Vitamin A	<ul style="list-style-type: none"> Growth and development Immune function Reproduction Red blood cell formation Skin and bone formation Vision 	<ul style="list-style-type: none"> Cantaloupe Carrots Dairy products Eggs Fortified cereals Green leafy vegetables (e.g., spinach and broccoli) Pumpkin Red peppers Sweet potatoes 	5,000 IU
Vitamin B₆	<ul style="list-style-type: none"> Immune function Nervous system function Protein, carbohydrate, and fat metabolism Red blood cell formation 	<ul style="list-style-type: none"> Chickpeas Fruits (other than citrus) Potatoes Salmon Tuna 	2 mg
Vitamin B₁₂	<ul style="list-style-type: none"> Conversion of food into energy Nervous system function Red blood cell formation 	<ul style="list-style-type: none"> Dairy products Eggs Fortified cereals Meats Poultry Seafood (e.g., clams, trout, salmon, haddock, tuna) 	6 mcg
Vitamin C	<ul style="list-style-type: none"> Antioxidant Collagen and connective tissue formation Immune function Wound healing 	<ul style="list-style-type: none"> Broccoli Brussels sprouts Cantaloupe Citrus fruits and juices (e.g., oranges and grapefruit) Kiwifruit Peppers Strawberries Tomatoes and tomato juice 	60 mg
Vitamin D <i>Nutrient of concern for most Americans</i>	<ul style="list-style-type: none"> Blood pressure regulation Bone growth Calcium balance Hormone production Immune function Nervous system function 	<ul style="list-style-type: none"> Eggs Fish (e.g., herring, mackerel, salmon, trout, and tuna) Fish liver oil Fortified cereals Fortified dairy products Fortified margarine Fortified orange juice Fortified soy beverages (soymilk) 	400 IU
Vitamin E	<ul style="list-style-type: none"> Antioxidant Formation of blood vessels Immune function 	<ul style="list-style-type: none"> Fortified cereals and juices Green vegetables (e.g., spinach and broccoli) Nuts and seeds Peanuts and peanut butter Vegetable oils 	30 IU
Vitamin K	<ul style="list-style-type: none"> Blood clotting Strong bones 	<ul style="list-style-type: none"> Green vegetables (e.g., broccoli, kale, spinach, turnip greens, collards, Swiss chard, mustard greens) 	80 mcg

Minerals

MINERAL	WHAT IT DOES	WHERE IS IT FOUND	DAILY VALUE*
Calcium <i>Nutrient of concern for most Americans</i>	<ul style="list-style-type: none"> Blood clotting Bone and teeth formation Constriction and relaxation of blood vessels Digestion Hormone secretion Muscle contraction Nervous system function 	<ul style="list-style-type: none"> Almond, rice, coconut, and hemp milks Canned seafood with bones (e.g., salmon and sardines) Dairy products Fortified cereals and juices Fortified soy beverages (soymilk) Green vegetables (e.g., spinach, kale, broccoli, turnip greens) Tofu (made with calcium sulfate) 	1,000 mg
Chloride	<ul style="list-style-type: none"> Acid-base balance Conversion of food into energy Digestion Fluid balance Nervous system function 	<ul style="list-style-type: none"> Celery Lettuce Olives Rye Salt substitutes Seaweeds (e.g., dulse and kelp) Table salt and sea salt Tomatoes 	3,400 mg
Chromium	<ul style="list-style-type: none"> Insulin function Protein, carbohydrate, and fat metabolism 	<ul style="list-style-type: none"> Broccoli Fruits (e.g., apple and banana) Grape and orange juice Meats Spices (e.g., garlic and basil) Turkey Whole grains 	120 mcg
Copper	<ul style="list-style-type: none"> Antioxidant Bone formation Collagen and connective tissue formation Energy production Iron metabolism Nervous system function 	<ul style="list-style-type: none"> Chocolate and cocoa Crustaceans and shellfish Lentils Nuts and seeds Organ meats (e.g., liver) Whole grains 	2 mg
Iodine	<ul style="list-style-type: none"> Growth and development Metabolism Reproduction Thyroid hormone production 	<ul style="list-style-type: none"> Breads and cereals Dairy products Iodized salt Potatoes Seafood Seaweed Turkey 	150 mcg
Iron <i>Nutrient of concern for young children, pregnant women, and women capable of becoming pregnant</i>	<ul style="list-style-type: none"> Energy production Growth and development Immune function Red blood cell formation Reproduction Wound healing 	<ul style="list-style-type: none"> Beans and peas Dark green vegetables Meats Poultry Prunes and prune juice Raisins Seafood Whole grain, enriched, and fortified cereals and breads 	18 mg
Magnesium	<ul style="list-style-type: none"> Blood pressure regulation Blood sugar regulation Bone formation Energy production Hormone secretion Immune function Muscle contraction Nervous system function Normal heart rhythm Protein formation 	<ul style="list-style-type: none"> Avocados Bananas Beans and peas Dairy products Green leafy vegetables (e.g., spinach) Meats Nuts and pumpkin seeds Potatoes Raisins Wheat bran Whole grains 	400 mg
Manganese	<ul style="list-style-type: none"> Carbohydrate, protein, and cholesterol metabolism Cartilage and bone formation Wound healing 	<ul style="list-style-type: none"> Beans Nuts Pineapple Spinach Sweet potato Whole grains 	2 mg
Molybdenum	<ul style="list-style-type: none"> Enzyme production 	<ul style="list-style-type: none"> Beans and peas Nuts Whole grains 	75 mcg
Phosphorus	<ul style="list-style-type: none"> Acid-base balance Bone formation Energy production and storage Hormone activation 	<ul style="list-style-type: none"> Beans and peas Dairy products Meats Nuts and seeds Poultry Seafood Whole grain, enriched, and fortified cereals and breads 	1,000 mg
Potassium <i>Nutrient of concern for most Americans</i>	<ul style="list-style-type: none"> Blood pressure regulation Carbohydrate metabolism Fluid balance Growth and development Heart function Muscle contraction Nervous system function Protein formation 	<ul style="list-style-type: none"> Bananas Beet greens Juices (e.g., carrot, pomegranate, prune, orange, and tomato) Milk Oranges and orange juice Potatoes and sweet potatoes Prunes and prune juice Spinach Tomatoes and tomato products White beans Yogurt 	3,500 mg
Selenium	<ul style="list-style-type: none"> Antioxidant Immune function Reproduction Thyroid function 	<ul style="list-style-type: none"> Eggs Enriched pasta and rice Meats Nuts (e.g., Brazil nuts) and seeds Poultry Seafood Whole grains 	70 mcg